

Yoga* Meditation described in 16 parts

What is Yoga Meditation?

Yoga meditation is the art and science of systematically observing, accepting, understanding, and training each of the levels of our being, such that we may coordinate and integrate those aspects of ourselves, and dwell in the direct experience of the center of consciousness.

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(To tour 16 aspects describing Yoga Meditation practice, click [Next](#) in the line above, or click on one of the words or phrases above.)

16 page summary: In the 16 pages linked in the sentence above, Yoga Meditation is described in practical terms, and simple language. In the science of meditation, the profound is often cloaked behind the simplest words. The explanations in the links should provide a greater sense of the depth of these practices.

Yoga Sutras:

Yogash chitta vritti nirodhah. ([1.2](#))

Tada drashtuh svarupe avasthanam. ([1.3](#))

Yoga is the mastery of the activities of the mind-field.

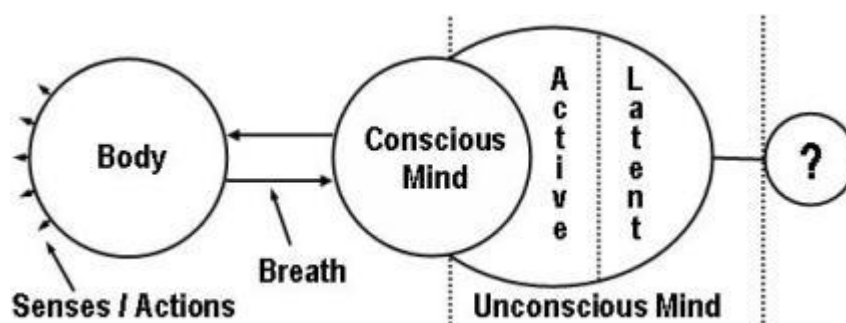
Then the seer rests in its true nature.

Yoga Sutras: Yoga is one of the [six schools](#) of Indian philosophy and deals with the practical methods of attaining direct experience of the center of consciousness. Yoga is succinctly described in the [Yoga Sutras](#) in 196 pithy phrases or sutras (literally, *threads*). The gist of the [Yoga Sutras](#) is contained in the first few sutras ([1.1-1.4](#)). (For book recommendations on the Yoga Sutras, [click here](#))

- [Yoga Sutras main page](#)
- [Introduction to the Yoga Sutras](#)
- [Listing of the 196 Yoga Sutras](#)
- [Chapter outlines of the Yoga Sutras](#)
- [7 keys to practicing the Yoga Sutras](#)
- [Questions for review](#)
- [Patanjali, codifier of the Yoga Sutra](#)

Yoga Meditation

Yoga Meditation is the art and science of systematically observing, accepting, understanding, and training each of the levels of our being, such that we may coordinate and integrate those aspects of ourselves, and dwell in the direct experience of the center of consciousness. The links above are to a 16-page description of Yoga Meditation, which explains the process in practical terms, and simple language.



Yoga Meditation is not actually a separate aspect of Yoga, due to the fact that Yoga *is* meditation. However, the phrase Yoga Meditation is being used here to discriminate between Yoga Meditation and the now popular belief that Yoga is about physical postures. Yoga or Yoga Meditation is a complete process unto itself, only a small, though useful part of which relates to the physical body. (See the article [Modern Yoga versus Traditional Yoga](#))

In the Yoga Meditation of the [Himalayan tradition](#), one systematically works with senses, body, breath, the various levels of mind, and then goes beyond, to the center of consciousness. The science of Yoga Meditation as taught by the Himalayan sages is already a whole, complete science that has been torn into smaller pieces over time. Individual parts have sometimes (unfortunately) been cut out from the whole of Yoga Meditation, given separate names, and then taught as unique systems of meditation. The perspective of Yoga Meditation on the SwamiJ.com site is that it is not a pasting together of disparate Yogas, but an already unified whole that we might call Yoga Meditation, or simply Yoga.

Yoga Meditation of the Himalayan tradition is holistic in that it not only deals systematically with all levels, but also involves a broad range of practices, including [meditation, contemplation, prayer, and mantra](#), as well as the preparatory practices leading up to these. Yoga Meditation also explores all of the levels of reality and self-construction, including the gross (vaishvanara), subtle (taijasa), causal (prajna), and the absolute (turiya), as reflected in [OM Mantra](#). Finally, Yoga Meditation leads one to the direct experience of the absolute, pure, eternal center of consciousness.

The root meaning of Yoga Meditation lies in the meaning of the word Yoga itself, which comes from "yuj" which means "to join," to bring together the aspects of yourself that were never divided in the first place. The [Yoga Sutras](#) of Patanjali is a primary source of learning the practices of Yoga Meditation. The finer points of Yoga Meditation are described and taught face-to-face, as it is an oral tradition. Hopefully, the many articles on SwamiJ.com will enhance your understanding and practicing Yoga Meditation. There includes a succinct outline of [Beginning, Intermediate and Advanced](#) Yoga Meditation.

In the Himalayan tradition, Yoga Meditation is not limited to just the Yoga Sutras, but also includes Vedanta and internal Tantra, while also acknowledging that the practices are also contained in many other sources (See the article, [Yoga, Vedanta, Tantra](#)). The teachers of the Himalayan tradition may emphasize or draw on some of these (or other) sources more or less than others, matching the teachings with the student. Yoga Meditation also involves the process of [Kundalini Awakening](#), and this is described in a series of pages on the site.

Yoga Meditation is not a religion, although some of the principles are contained within the various religions. There are articles on [Mysticism](#) and [Religion](#) on the site, which should give a good overview of this perspective of Yoga Meditation.

The many articles on Yoga Meditation are linked in the Index pages, which are at the top of this, and other pages. You can easily access those Indexes by clicking on the little mountain icon at the top of any page on the site.

Please enjoy your visit to the SwamiJ.com site on Yoga Meditation of the Himalayan Tradition, and do come back often to visit.

[Swami Jnaneshvara](#)